



SAIL Leader



Purpose or Role:	This volunteer role will allow trained Leaders to conduct the strength, balance and exercise class to adults 65 and older at their chosen SAIL implementation site.
Position Title:	SAIL Leader
Department:	SAIL located within the Tennessee Commission on Aging and Disability through a grant from the Administration for Community Living (ACL)
Essential Duties and Responsibilities:	<ul style="list-style-type: none">• Conduct a SAIL class 2-3 days a week.• Perform Fitness Checks within 2 weeks of participants starting class.• Perform Fitness checks every 6 months to determine improvement among participants.• Provide a SAIL Participant Guide to all participants when they start attending class.• Collect and safely secure all completed and signed participant forms included in the SAIL Toolkit.• Encourage all participants to use weights to improve strength each class.• Follow the outlined program including mandatory exercises as detailed in your SAIL Leader Training materials.• Submit Participant Information forms for all SAIL class Participants to the Falls Prevention Coordinator or Master Trainers• Report all SAIL class sign-in-sheets to the Falls Prevention Coordinator or Master Trainers on a monthly basis
Reports to:	Falls Prevention Coordinator or Master Trainer
Length of Appointment:	A SAIL Leader can serve in this volunteer position for as long as they are able to perform the essential duties and responsibilities of this role to the best of their abilities.
Time Commitment:	SAIL requires a Leader to conduct classes 2-3 days a week for at least a 2-year period. SAIL strongly encourages Leaders be trained in teams of two to divide the time commitment among two leaders rather than one.
Qualifications:	<ul style="list-style-type: none">• Hold a current fitness certification• Be CPR certified• Attend a 2-day SAIL Leader Training• Sign all required documents including, but not limited to, SAIL Leader Application and the SAIL leader Memorandum of Understanding prior to starting a SAIL class.
Support Provided:	SAIL provides training, resources and technical assistance to all SAIL Leaders. Each SAIL implementation site will be given a SAIL Toolkit so the leader has the materials on-site to begin their class. The Falls Prevention Coordinator and Master Trainers are responsible for distributing information the program feels is important for SAIL Leaders to know and will do so at their discretion or at the SAIL Leaders request. At any time a SAIL Leader is in need of assistance or guidance while conducting a class, they are welcomed and encouraged to contact the Falls Prevention Coordinator and/or Master Trainers.